

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 03049, Babyfood, dinner, beef and rice, toddler

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	81.90	--	1.000	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Energy	kcal	82	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Energy	kJ	343	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
Protein	g	5.00	--	0.200	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Total lipid (fat)	g	2.90	--	0.200	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Ash	g	1.40	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Carbohydrate, by difference	g	8.80	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	02/2005
Minerals													
Calcium, Ca	mg	11	--	1.000	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Iron, Fe	mg	0.69	--	0.010	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Magnesium, Mg	mg	8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978

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Phosphorus, P	mg	35	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Potassium, K	mg	120	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Sodium, Na	mg	32	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	07/2010
Zinc, Zn	mg	0.92	--	0.013	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Copper, Cu	mg	0.054	--	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Selenium, Se	µg	8.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	3.9	--	0.500	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Thiamin	mg	0.016	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Riboflavin	mg	0.069	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Niacin	mg	1.343	--	0.017	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Vitamin B-6	mg	0.139	--	0.021	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Folate, total	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Folate, DFE	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
Vitamin B-12	µg	0.51	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	02/2005
Vitamin A, RAE	µg	25	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	502	--	100.000	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Amino Acids													
Tryptophan	g	0.046	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Threonine	g	0.200	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Isoleucine	g	0.245	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Leucine	g	0.392	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Lysine	g	0.376	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Methionine	g	0.123	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Cystine	g	0.054	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Phenylalanine	g	0.197	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978

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Tyrosine	g	0.161	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Valine	g	0.275	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Arginine	g	0.338	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Histidine	g	0.128	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Alanine	g	0.339	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Aspartic acid	g	0.464	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Glutamic acid	g	0.870	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Glycine	g	0.364	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Proline	g	0.306	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Serine	g	0.179	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978